



Serves: 4

# Daylily Flowers In Tanghoon Soup

## Ingredients

- Chicken breast, skinless, cooked and shredded 200g
- Black fungus 20g
- Tanghoon, blanched 250g
- Daylily flowers (Golden Needle) 20g
- Xiao bai cai, blanched and drained 80g
- Water 4 cups
- Concentrated chicken Stock 30ml
- Sesame oil 1 tsp
- Pepper, to taste

### Tips:

- For stews, soup-based or braised dishes, skim away visible fat or oil after cooking to maximise the healthfulness of the dish.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
- Use low-salt soup stock, or prepare your own homemade soup stock, using fresh ingredients, herbs and spices.

## Method

- Rinse the black fungus and soak in water until soft. Remove the hard stems.
- Soak the daylily flowers until soft.
- Boil water. Add the chicken stock, black fungus and golden needle flower. Season with pepper.
- Pour the tanghoon, xiao bai cai and shredded chicken breast into a bowl. Add the black fungus and golden needle flowers on top.
- Add the chicken stock soup. Drizzle with sesame oil and serve immediately

### Nutrition Information (Per Serving):

Energy 334kcal  
Carbohydrate 58.6g  
Protein 16.4g  
Total fat 3.0g  
Saturated fat 0.7g  
Cholesterol 42.5mg  
Dietary Fibre 2.3g  
Sodium 679mg